



Little Athletics Victoria
Junior Development Squad

2010 – 2011

JDS Overview

The Junior Development Squad (JDS) gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational, and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills, and improving existing ones, is in a friendly and supportive environment. The program consists of numerous activities including coaching days, education sessions, role model sessions with elite athletes, invites to attend National & International level events and a highlight for the year is the JDS coaching camp.

JDS Program 2010 - 2011

JDS Day 1 – Sunday 10th October 2010 **Time: 12.00pm – 4.00pm**

Venue – Knox Park Sporting Complex, Bunjil Way, Knoxfield **Mel Ref: 73 D7**

- Introduction and Coaching day. Coaches will present outline for the season, athletes will receive the official JDS T-shirt. Training will consist of 2 x 75min rotations in your selected events.

JDS Day 2 – Sunday 24th October 2010 **Time: 12.00pm – 4.00pm**

Venue – Harold Stevens Athletics Track, Outlook Drive, Coburg **Mel Ref: 18 A10**

- Coaching rotation day, training will consist of 2 x 75min rotations in your selected events.

JDS Day 3 – Sunday 14th November 2010 **Time: 12.00pm - 4.00pm**

Venue – Willinda Park Athletics Track, Beatrix St, Greensborough **Mel Ref: 21 A4**

- Coaching rotation day, training will consist of 4 rotations. Athletes will choose 3 from the Multi - events of Sprints, Hurdles, Long Jump & Discus and all finishing with the 800mts. Special emphasis for the State Multi Event Championships the following weekend.

JDS Camp (additional cost) Sunday 16th – Wednesday 19th January 2011

Venue – Ormond College, Melbourne University, College Cres Parkville **Mel Ref: 2B C4**

- Live in Camp at historical Ormond College, utilizing Melbourne University's outstanding facilities. Daily training sessions are interspersed with activities that help build the overall athletic experience.

JDS Day 4 – Sunday 13th February 2011 **Time: 12.00pm - 4.00pm**

Venue – Doncaster Athletics Track, George Street, Doncaster **Mel Ref: 33 J11**

- Coaching rotation day, training will consist of 2 rotations in preparation for Region Track & Field.

JDS Day 5 – Friday 25th, Saturday 26th & Sunday 27th February 2011

Venue – Olympic Park, Olympic Boulevard, Melbourne **Mel Ref: 2G C9**

- Combined JDS / AV Youth Track & Field Championships. Athletes shift from training to competition mode in preparation for State Championships. JDS athletes are invited into the AV Championships, competing in the U14, U15, U16 & U17 age groups. Free entry for JDS athletes, conditions apply. Further details will be sent out. These Championships are the qualifying event for the Australian Youth Track & Field Championships in March.

JDS Day 6 – Sunday 22nd May 2011 **Time: 12.00pm - 3.00pm**

Venue – Ruffey Lake Park, Victoria St, Doncaster **Mel Ref: 33 J10**

- Cross Country training & Middle Distance running. Coaching based upon, preparation, training programs, course management and technique of Cross Country & Middle Distance running.

JDS Day 7 – Sunday 28th August 2011 **Time: 12.00pm – 4.00pm**

Venue – Meadowglen Athletics Stadium, McDonalds Rd, Epping **Mel Ref: 182 J10**

- Pre Season Strength & Conditioning training. Preparation for the new season including core strength, resistance training and conditioning training elements.

Qualifying

- JDS is open to all qualified athletes in the **Under 12** to **Under 15** age groups.
- **U11** athletes can apply from June / July, to be eligible for JDS in the **following** year.
- JDS qualifying runs from **1st October to 30th September yearly**, i.e. 1 full summer & winter season.
- Athletes qualify in their **current** age group, against the qualifying standards.
- An athlete may qualify in **1** event **twice** (separate meets) or **2** separate events **once** to be eligible.
- State Multi Event and State Cross Country Championships requires **1** qualifying performance.
- JDS applications open in **June / July** each year, and will be on the website as an online entry.
- All applications using performances from season 2009-2010 must be submitted by **4th October 2010**, otherwise the athletes must qualify in their new age group for the season.
- Athletes must qualify and re-apply each year to become members.

Refer to Qualifying Standards for details.

The athlete must achieve these performances at any of the following.

1. Little Athletics Victoria Centre competition, Open days, Region & State Championships.
2. VPSSA and VSSSA (SSV) State Championships.
3. AV Shield, Youth Championships and events including “All Schools” competitions.
4. APS / AGS Combined finals.

- **Once submitted, payment needs to be received prior to the athlete being accepted.**
- **A confirmation email will be sent out confirming acceptance or otherwise.**
- **Athletes with disabilities should contact the LAVic Office for qualification requirements.**

Squad Fee & Benefits

Squad fee for 2010-2011 is \$50.00 inc GST, this entitles you to:

- Attend all JDS sessions.
- An Official JDS T-Shirt, which needs to be worn to all official JDS activities.
- JDS Shoe Bag (new members only).
- Chat sessions with elite athletes and coaches.
- Opportunity to attend the JDS 4 day coaching camp. This is an additional cost, approximately \$325.00 and is only open to 80 registered JDS athletes. Camp applications are released during November.
- Invites to special athletic meets, Open championships and training days held at Olympic Park with National and International athletes.
- Recognition of being a member of the JDS training group.

Code of Conduct

Please read this information carefully, it is an important agreement between you and LAVic

The general standard of behaviour of all members reflects on the image of LAVic. JDS members will abide by the conditions set out and published in LAVic Code of Conduct.

Smoking

Smoking is not permitted and will not be tolerated at any sanctioned JDS activity or function.

Disciplinary Action

LAVic reserves the right to terminate the JDS membership status of any individual without refund of monies paid, for what it deems as serious breaches of the Code of Conduct.

JDS 2010-2011 Qualifying Standards

Event	Boys					Girls				
	U11	U12	U13	U14	U15	U11	U12	U13	U14	U15
70m	10.40	9.90				10.60	10.30			
100m	14.70	14.10	13.20	12.70	12.40	15.00	14.40	13.80	13.60	13.50
200m	29.70	28.40	26.70	25.20	24.30	30.70	29.00	28.20	27.50	27.20
400m	69.50	66.00	61.50	59.00	56.50	71.00	67.50	65.00	64.00	63.50
800m	2.37.00	2.33.00	2.26.00	2.20.00	2.12.00	2.45.00	2.39.00	2.33.00	2.31.00	2.32.00
1500m	5.19.00	5.10.00	5.03.00	4.50.00	4.35.00	5.42.00	5.30.00	5.22.00	5.23.00	5.32.00
80mH	14.60	14.50	14.10			15.00	14.90	14.50	14.30	
90mH				15.00						15.40
100mH					15.10					
300mH			49.50	46.50	44.50			52.00	51.00	50.00
1500m Walk	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00	9.15.00	9.00.00	8.45.00	8.30.00	8.15.00
Long Jump	4.25	4.35	4.65	5.00	5.20	4.00	4.15	4.40	4.45	4.50
Triple Jump	8.90	9.40	10.00	10.50	11.20	8.50	9.00	9.50	9.90	9.80
High Jump	1.30	1.35	1.45	1.50	1.60	1.25	1.30	1.40	1.45	1.45
Shot Put	8.80	8.30	9.40	9.20	10.60	7.60	8.80	7.90	8.10	8.40
Discus	23.00	25.50	25.50	30.00	33.50	18.00	21.00	24.50	21.50	22.50
Javelin	22.00	26.50	28.00	32.00	35.50	16.00	20.00	23.00	22.00	23.00
Multi Event	1st to 8th place inclusive at the State Championships in each age group									
Cross Country	1st to 8th place inclusive at the State Championships in each age group									

- To standardise the performance across all conditions there is an adjustment made to the qualifying standard for grass tracks. Please fill in what conditions the performance was achieved under, and the LAVic Office will make any necessary adjustments.
- Performances close to the qualifying standard run on a grass track should be submitted to the LAVic Office for consideration.